

# Thrombosed External Hemorrhoid | Fast Relief

**T**hrombosed [External Hemorrhoid](#) are [hemorrhoids](#) that are located outside of the anus. This occurs when the blood supply in that area is cut off. This can result in a blood clot that could cause a feeling of pain that most people associate with the term [hemorrhoids](#).

- Some people go for the option of having surgery to relieve the pain.
- Before you look into the option of surgery, we would like to outline a few possible options.
- One simple method in which a lot of people just don't think about, is to do everything you can to prevent constipation.
- Constipation is actually one of the main causes of having a difficult stool, which require straining of your [bowel](#) movements.
- Your chances of getting constipated can be greatly reduced by eating a high fiber diet.
- Try to eat beans, wholemeal breads, fresh fruits and vegetables as much as possible everyday.
- Also be sure to drink water daily.
- Another easy way to get the fiber that you need is to buy a fiber supplement.
- This can be purchased at any pharmacy.
- You can also purchase a stool softener with your local drug store.

You also can purchase hemorrhoid medication over-the-counter. Most of these medicines can help to [shrink hemorrhoids](#) and relieve the pain and itching sensation that is associated with this condition.

- There are a number of natural treatments that can be used to clear up this condition.
- Many natural treatments can easily function to shrink the hemorrhoids and relieve the painful swelling.
- Many people have selected to test a natural treatment before going along with surgery.



[HemorrhoidsShrink](#) [HemorrhoidsHemorrhoidExternal](#) [HemorrhoidBowel](#)

- Is always less dangerous to avoid surgery, if possible.
- Natural products offer many advantages over the traditional medication treatments.

Rate this Article: Stars - 0 Vote(S)

[Print](#)[Email](#)[Re-Publish](#).

My name is Larry Kearney and I have been working in the credit and loan related business for more than 15 years.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.